

Serendipity Healing Arts
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Neurofeedback Progress Tracker

As you know, we must continuously evaluate your progress. **We must track progress on all persons served by Serendipity.** All progress tracking is now done online. The progress tracker can be completely customized to track the areas you want to make progress. We encourage you to select 10-12 items that you will focus on while in treatment. Due to time constraints we encourage you to complete the progress tracker once per week **the day BEFORE** you come in for your session.

To make an entry in your progress tracker from home or work, follow the directions below. The My New Mind Account web site is safe, secure and confidential.

- 1) Log onto the web site: <https://www.My-NewMind.com>
- 2) Enter your ID. [Your ID is: _____ (all lower case)]
- 3) Enter your password. [Your PASSWORD is: _____ (all lower case)]
- 4) CLICK ON THE PROGRESS TRACKER tab. Click on CONTINUE TRACKER.

Think of each item as a PROBLEM. For each one, use the following scale:

1= no problem, rare problem, extremely mild problem
10 = significant, severe, or frequent problem

In other words, 1 is good, 10 is not good.

The goal is to get most of your ratings for each symptom down to a 1 or 2.

At the very bottom of your progress tracker is an area/text box, where you can write any notes that are important (this is optional). Please enter comments as often as there is something that adds clarification, more information, or perspective. For example: *I started a new medication called (name of med) for (condition being treated) and since then I haven't been able to sleep; after last week's session I felt better than ever/worse than ever for a few days; Johnny's grandmother is very ill and he's had a rough week; I fell last week and hit my head; I've had the flu, etc.*

Remember... each item in your progress tracker must be rated each week otherwise the information will not be saved. When you have answered and rated all items click on SAVE and LOG OUT. Thank you!